

## SELFOBJECT VS INTERNALIZED OBJECT RELATIONSHIP

1. Selfobject: concept describing a **quality** of a relationship in which another person **serves functions necessary for the development and maintenance of the self**
  - a. Selfobject function is an action or communication by another person that contributes to the development of the self
  - b. Infants psychological capacities develop in the context of a caregiver's empathic responsiveness to the infant's selfobject needs
  - c. The selfobject is **experienced as part of the self**, and enables the child to internalize a specific set of functions that contribute to a sense of self characterized by:
    - i. Feelings of cohesion in spite of the complexity of self experience
    - ii. Feelings of continuity in spite of flux over time
    - iii. Feelings of initiative in spite of setbacks
    - iv. Feelings of admiration for a flexible set of values and ideals in spite of disappointments
2. Object relation is an **intrapsychic representation** or structure consisting of **three parts**: a self representation, an object representation and the representation of an affectively charged interaction between self and object
  - a. Range on a continuum from distorted to realistic
  - b. Formed from the combined interaction of fantasy and real interaction
  - c. From fleeting to enduring, the latter forming stable intrapsychic structures